



Sphere Factor is a piece of exercise equipment designed to target different areas from different positions, it gives new variations for the abdominal and lower body exercises. Sphere Factor allow its user to control their body weight with the strongest parts of the body arms and legs, while the user remains in one of the most comfortable positions other then laying down. The user is able to work the inner thigh,outer thigh,abdominal muscles,front thigh,hips,obliques and joints. Sphere Factor allows you to wear your equipment for convinience, so where ever the body can go Sphere Factor can follow.